

Reader's Questions

1. About the Author

Why did you write *Wearing my Feathered Hat*?

The core of *Wearing my Feathered Hat* is a series of seven archetypal dreams. They made me look at life and what I was doing differently.

The book almost got not written. In earlier versions I tried to capture my new perspective while leaving out the dreams that led me to it. *WFH* took shape when I saw that there was no story without the dreams. I wrote it out of my high regard for them and because I hope it may inspire people to (re)connect with those inner places in their life that are so easily ignored. If we can live again in that fuller way, it will not only increase our own well-being but benefit future generations.

How did your experience with group facilitation and interest in psychotherapy shape the book's content?

Like individuals, groups and organizations have a unique, imaginal DNA that guides how their members work and interact with themselves and their environment. This inner or psychic process helps them flourish or undermines their best intentions. *Wearing my Feathered Hat* illustrates methods for accessing unconscious reservoirs to aid people's creative and mindful development.

Who would enjoy this book?

Wearing my Feathered Hat is a textured, meditative work that engages with ideas across a range of genres. It will appeal to • Readers interested in change or in leading a more fulfilling life; • Psychotherapists and anyone interested in psychotherapy or dreams; • Individuals looking to regain spirituality, a sense of inner self or a deeper connection to their world; • Academic-minded readers curious about the overlap, fusions and intersections of subjects. • *WFH* is also an original contribution to environmental thought.

Johanna Beyers, PhD, started her professional life in the Earth Sciences and has a doctorate in Environmental Policy. An Adler-trained Coach and certified Sandplay Therapist, she works with individuals and groups to find a new perspective or solution in life.



2. *About the Book*

1. *Wearing my Feathered Hat* tells of a life that gained much of its meaning and direction through the action of seven powerful dreams. They gave the author an experience of participating in world-originating myth and a sense that in doing so the dreams created her. Which moments resonated with you? How and why?

2. Consider how dreams, myth and insights have contributed to weaving your life narrative and journey.

3. Reflect on the role of chance and serendipity in that narrative, and contrast it with both intuition and planning.

4. What else helps you best to meet new situations in a creative and sustaining way? When do you feel most real?

5. One way to read *Wearing my Feathered Hat* is as a book about valuing. Large gifts and small are both celebrated, for example in Chapter 2.

Identify and reflect on some of the joys in your life. Which potential gifts do you tend to overlook and which do you value more? What effects might such positive and negative valuations have on you and those around you?

6. Symbols are a bridge to the unknown, spoken in the language of the psyche. The image of the feathered hat combines at least two magical symbols.

Discuss the place of feathers and the hat in the narrative as a whole. What do you make of such symbols? Do you have symbols in your dreams that resonate with you? In what way?

7. In *Wearing my Feathered Hat*, the dreams generate a quality of mystery. Is there a role for their recipient as well?

How necessary is a person's commitment to working through a dream? Debate both sides of the proposition that there is an alchemical and ethical responsibility towards dreams and other aspects of inner life.

8. In Chapter 2 and elsewhere, the author points to paradox as a common conveyor of the sense of mystery. Do you agree? Find and discuss other examples of the paradoxical that you have encountered. What is the power of paradox?

9. Reflect on how mystery has entered your life story and your relationship to it. What may it be asking of you? Is there anything you can take away from your reading of *Wearing my Feathered Hat* to support you in this alchemical project?

10. Sustainability and nature are frequently mentioned within the pages of *Wearing my Feathered Hat*. How can becoming more engaged with nature and our desire to preserve our environment lead to further self-development?

11. Using the concept ‘doing without doing,’ consider what may be helpful to you as you develop the promise of your own life-actualizing dreams.

3. Review Quotes

“*Wearing My Feathered Hat* encouraged me to follow my heart to engage the change I want in my life. I looked forward to sitting by our window and continue the journey through seven dreams, and am now very happy I read Johanna’s story: it has inspired a new approach to change for me.”

– **Judi Hughes**, Partner, *Your Planning Partners*

“Johanna Beyers, a geologist, Jungian-oriented psychotherapist and spiritual seeker, shares her own professional knowledge and personal experience as she weaves together the dream world, our beginnings, encounters with the Self, nature and the universe in a way that takes us deeper into our own journey. She wrestles with today’s church, today’s science, and life’s hurts and challenges in a way that encourages growth towards wholeness leading to the reality of the Sacred at the heart of existence.”

– **Bob Haden**, Director, *The Haden Institute*